

VITAL SIGNS

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Making his dream live

On 20 January we celebrate Martin Luther King's birthday. Not only is it a National Holiday, but it has also become an international holiday with more than 100 foreign countries honoring Dr. King.

Martin Luther King, Jr. dreamed of a better world where people live in peace and harmony. His wife, Coretta Scott King, had a dream too. She dreamed of making his dream live for eternity. Her dream has evolved into a complex called the Martin Luther King Jr. Center for Nonviolent Social Change, in Atlanta. Because of the dedication and efforts of his widow and thousands of people across the country and around the world, King's dream lives, inspiring peace, justice, and equality. Mrs. King hopes that the continued celebration of his birthday will bring more meaning and substance to the elimination of poverty, racism and violence worldwide.

The National Park Service has noted that the Dr. King Center in Atlanta was the most visited National Park Service facility in the United States. There were 2.6 million visitors compared to 2.5 visitors at the Vietnam Veterans Memorial in Washington, DC. Those who journey to the Vietnam Veterans Memorial pay homage to those killed or listed as missing in action in Southeast Asia, while others weep over their loss of friends and relatives. Visitors to the Martin Luther King Jr. Center pay homage and weep for the loss of a man of peace and love for all people.



Love and curiosity draw people from every country on Earth to the King Center. They all come, kings, queens, presidents, prime ministers, ambassadors and superstars. And then there are the average folk. They come to pay homage. They come to receive spiritual rejuvenation, to be trained in non-violence, to exchange viewpoints on conflicts occurring in their regions of the world. They discuss how they are attempting to resolve those issues and what role Dr. King's non-violence principles play in resolving human conflict.

The theme for the celebration of King Week '92 is "Where Do We Go From Here? Non-violence: A Blueprint for Life."

Martin Luther King, Jr. has been called a great man, but he said: "Everybody can be great because anybody can serve. ... You only need a heart full of grace. A soul generated by love."

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ANSWERS:

*It happened in January***ON THIS DATE...****JAN
01**

President Abraham Lincoln signs Emancipation Proclamation, 1863. Frees slaves in Confederate states.

**JAN
02**

Japanese forces capture Philippine city of Manila in early days of World War II, 1942. American and Filipino forces escape to Bataan.

**JAN
05**

Nellie Ross becomes first woman governor when she assumes the office in Wyoming to complete her late husband's term, 1925.

**JAN
06**

Samuel Morse publicly demonstrates his telegraph for first time, in Morristown, N.J., 1838.

**JAN
07**

First presidential election in United States held, 1789. Ten states participate, George Washington unanimously elected.

**JAN
09**

Joint Chiefs of Staff established, 1942. Members were chief of naval operations and the chiefs of staff of Army and Army air forces.

**JAN
10**

First man-made contact with moon as radar signals bounced off lunar surface; signals take 2.5 seconds for round trip, 1946.

**JAN
11**

U.S. Surgeon General Luther Terry issues first government report that smoking may be hazardous to health, 1964.

**JAN
13**

Robert C. Weaver appointed secretary of housing and urban development, becoming first black Cabinet member, 1966.

**JAN
14**

United States ratifies a peace treaty with Great Britain ending the Revolutionary War, 1784.

**JAN
17**

United States obtains the U.S. Virgin Islands with a payment to Denmark of \$25 million, 1917.

**JAN
18**

U.S. Navy Lt. Eugene B. Ely makes first aircraft landing on a ship, coming aboard USS *Pennsylvania*, 1911.

**JAN
19**

A presidential news conference, with Dwight D. Eisenhower, filmed for television for first time, 1955.

**JAN
20**

Iran releases 52 Americans taken prisoner in the American embassy in Teheran. They were held hostage for 444 days, 1981.

**JAN
21**

First nuclear-powered submarine, USS *Nautilus*, launched in Groton, Conn., 1954. Sub later went around the world submerged.

**JAN
23**

20th amendment, fixing presidential inauguration on Jan. 20 and opening day of Congress on Jan. 3, ratified, 1933.

**JAN
24**

Gold discovered in California (more than 80,000 prospectors emigrate to the state in 1849), 1848.

**JAN
25**

President John F. Kennedy answers questions during first live televised presidential news conference, 1961.

**JAN
26**

Space shuttle *Challenger* explodes 74 seconds after launch from Kennedy Space Center, killing seven astronauts, 1986.

**JAN
29**

First members of Baseball Hall of Fame named — Babe Ruth, Honus Wagner, Ty Cobb, Christy Mathewson and Walter Johnson, 1939.

**JAN
30**

Indian leader Mahatma Mohandas Gandhi assassinated by a Hindu fanatic in New Delhi, India, 1948.

**JAN
31**

United States enters space age with its first successful launch of a satellite, Explorer I, into orbit, 1958.

Staff Pulse Beat

Award Ceremony of 20 December
CAPT J. M. Ricciardi, MC, USN
Acting Commanding Officer Presenting



LCDR William E. Neiryneck, NC, USN, Nursing Services, received the Navy Commendation Medal from the U.S. Naval Hospital, Guam for his meritorious service as Division Officer of the General Surgery Clinic.



LCDR Richard B. Lacour, MSC, USNR, Branch Medical Clinic, NTC, received the Navy Commendation Medal for his meritorious service as Physician Assistant at the Naval Air Station Branch Medical Clinic, Guam.



HM3 Wylie R. Johnston, USN, Radiology Department, received his First Good Conduct Award.



HN Yusef K. Terry, USN, Patient Transport/Ambulance Branch, received his First Good Conduct Award.



HM3 Gina M. Johnson, USN, OB/GYN Department, received her First Good Conduct Award.

HMCS Joyce E. Mulligan, USNR, Assistant Patient Contact Officer, received the Navy Achievement Medal for her professional achievement in the superior performance of her duties.



Making sure the winter uniform is squared away. CAPT Raymond inspecting ...



... CAPT Ricciardi inspecting. Inspections were held on the 6th and 13th of December.



CAPT Ricciardi administered the Oath of Office to LTJG LaBo, CHC, USNR, on his commissioning in the Naval Reserve on 18 December.

Annual CPO Auction - 16 December

Chaplain Pope donned his ten-gallon hat and went to work as the auctioneer with staff bidding to Rent-A-Chief. The auction raised over \$600 with the money being used to assist needy families during the holidays.



HMCS Dorothy A. Raab, USN, was "rented" for \$65 by SK2 Edward M. Smith, USN, with the highest bid.



HMCS James S. Shadden, USN, was rented by HM1 Michael A. Mayfield, USN. One of his chores was shining the bell.



HMCS Gregory A. Bodin, USN, tried to discourage a bidder.



CDR Remigio C. Villegas, MC, USN, Mental Health Department, received a Letter of Commendation on 20 December from the Commanding Officer of the USNS COMFORT for his outstanding performance of duty while deployed during Operation Desert Storm.



HM1 Beatrice C. Little, USN, Branch Medical Clinic, NTC, reenlisted on 16 December. CAPT J. A. Beil, MSC, USN, Director, Branch Medical Clinic, served as reenlistment officer.



HMC Terry D. Deas, USN, Branch Medical Clinic, NTC, reenlisted on 20 December. CAPT Beil served as reenlistment officer.

4th Quarter, 1991 Awardees CAPT J. A. Beil, MSC, USN, Acting



HM1 Sheila J. Moseley, USN, Administrative Directorate, Senior Sailor of the Quarter.



HM3 James P. Tsantles, USN, Pharmacy Department, Junior Sailor of the Quarter. Master Chief Paul Curtis (Ret), Non Commissioned Officers Association, presented a special certificate.



HMCS Patrick M. Lowry, USN, Administrative Assistant to the Executive Officer and recipient of the Senior Leadership Award for the period July - December 1991, received his certificate from Capt Beil. In addition Mr. Larry Green, representative of the Armed Forces Association presented HMCS Lowry and the Junior and Senior Sailors of the Quarter with a plaque and a \$50 Savings Bond.



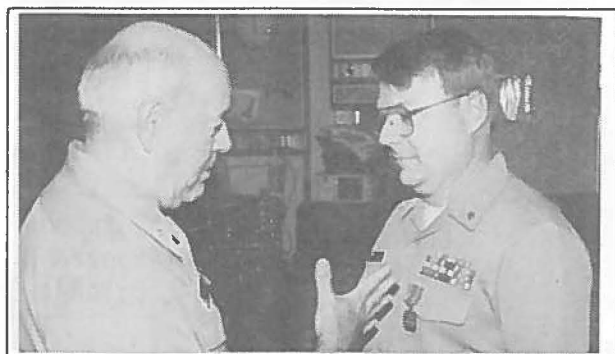
Mr. Arthur W. Bailey, Linen Control, retired from civil service on 27 December. HMCN Gary L. Thornhill, USN, representing the command, offered his congratulations.



CAPT Ricciardi, Acting Commanding Officer, promoted Victor M. Torrales, MSC, USNR, Pharmacy Department, to his new rank of Lieutenant Junior Grade on 23 December.



Two ladies representing the Navy Wives Club of America Orlando #267, Gloria Neveras, Naval Hospital Cart Chairman (on left), and Sharon L. Lee, President, presented the Mental Health Ward with a brand new exercise bike on 27 December. Accepting on behalf of the hospital were (left to right), LT Thomas A. Shelton, NC, USN, CDR Virgilio D. Lopez, MC, USN, and CAPT J. A. Beil, MSC, USN.



CAPT Raymond presented the Navy Achievement Medal on 2 January to LT Milton E. Taylor, NC, USN, Anesthesiology Department, for his professional achievement while serving at this command.

HM2 John B. Webb, USN, Recruit Evaluation Unit, reenlisted on 6 January. His reenlistment officer was LT Stephen A. Thornton, MSC, USNR, Head of the Recruit Evaluation Unit.

On 19 December, Naval Hospital, Orlando, had the opportunity to express grateful appreciation to members of the Consolidated Civilian Personnel Office who give this hospital and staff their support and guidance. CAPT Ricciardi, acting on behalf of the Commanding Officer, presented three On-The-Spot Awards to:



Mr. Jim Sellers, Personnel Management Specialist serving Naval Hospital, Orlando.



Mrs. Grace L. Jones, Personnel Clerk in the Personnel Operations Division of CCPO, NTC.



Ms. MaryKate Cantelo, Personnel Actions Clerk of the CCPO Personnel Support Division.

"Once upon a time ...

... there was a great symphony orchestra. It was a superb orchestra, and people throughout the land enjoyed its wonderful music. But the king was strapped for money and decided to make the orchestra smaller to save money. The king himself loved music and did not want the orchestra to lose its greatness -- he only wanted to trim it to financial realities.

"Now the orchestra's conductor knew how this could be done and came up with a plan. But the king also went to some outside consultants to have them take a look at the orchestra and to make some recommendations. As it turned out, these consultants knew nothing of music, and they knew nothing about orchestras. But they were efficiency experts, and so they evaluated the orchestra on that basis. After hearing only one concert, they made these recommendations to the king:

"Your Majesty, we noticed that all 123 violins always played identical notes. This is unnecessary and wasteful duplication. The violin section could be cut drastically, saving considerable labor costs.

"The oboe players had absolutely nothing to do for long periods of time. They just sat in their chairs. Their number could also be reduced. In fact, it should be possible to train trumpet players to also play the oboe. Then, if musical compositions were rewritten so that the trumpets and the oboes do not play at the same time, these musicians could then do both of those tasks.

"Concerning the music itself, we noticed a recurring repetition of certain musical passages. What useful purpose is served by repeating on the horns the same theme that has already been produced by the strings? Were all such redundant passages eliminated, the concert time of two hours could easily be reduced to 40 minutes. This would also eliminate the need for a time-wasting intermission.'

"Finally, one of the consultants had a brother-in-law who manufactured bongo drums. Another had a son who was a kazoo player. And so they persuaded the consultants to write into their report a recommendation that 20 bongo drummers and a kazoo section be added to the orchestra.

"Fortunately for the symphony orchestra -- and for the people who loved its music -- the king wisely decided to ignore the recommendations of the outside consultants. Instead, he put his faith in the conductor who had trained and led the orchestra to its current state of excellence.

"Let's hope that we will be so wise ...

"We will have smaller forces in the years to come, but we want them to be razor-sharp. We want them to be combat-ready so they can deter conflict or, if necessary, give us victories in the short-notice conflicts of the future. We have designed a strategy and a force structure that will do this. And we can't let our superb armed forces be ruined by people whose only interest is the promotion of their own parochial designs elsewhere. We've had enough of hollow forces in this country. From now on, we must win the first battle whenever we go to war -- and win the war as swiftly and decisively as possible."

ADM David E. Jeremiah, USN
Vice Chairman, Joint Chiefs of Staff (Sep 91)

Holiday happenings ...



The Chief Petty Officers started things going on the 11th of December when they decorated Master Chief Clements' Memorial Christmas tree.



... We had a visit from the Winter Park High School Chorus on the 18th.



Major Dan L. Delancy of the Salvation Army stopped by on the 13th to deliver gift packs of candy and toiletry items for our patients. CAPT Ricciardi, Acting Commanding Officer, accepted on behalf of the Hospital. HMCS Lowry kept a watchful eye on the candy.



The annual American Red Cross party on the 17th was enjoyed by all hands.



The annual Civilian Welfare and Recreation Association's Open House was a popular affair.



CAPT Raymond presented two of the Awards for the Best Christmas Decorations on the 18th. First Place for Clinic areas went to this joyful group in the Pediatrics Clinic.



LT Elizabeth A. Braitsch, NC, USN, Charge Nurse of the Obstetrical Ward, accepted First Place Award for Ward areas.



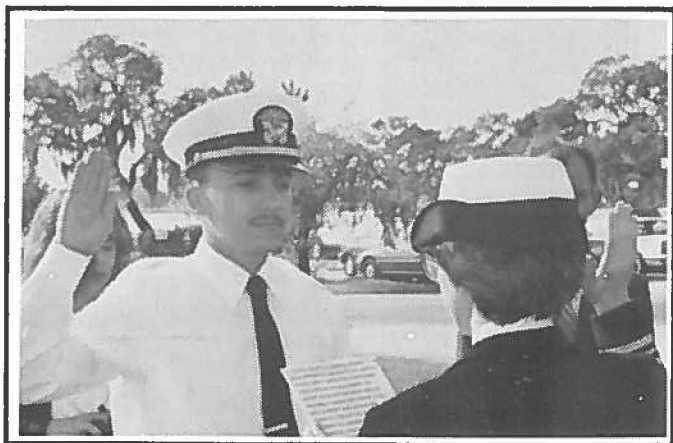
A contingent of Navy Band Orlando played Christmas music throughout the hospital on the 19th.



Patient Contact Spaces won the First Place Award for Administrative Spaces. CAPT Ricciardi presented the award on the 20th to HMCS Theresa Robinson, NHO's Patient Contact Officer, and her assistant, HMCS Joyce E. Mulligan.



Hey, Master Chief Thornhill, y'all got a problem with the lights or something?



ENS Jose L. Medina, MSC, USNR, is administered the Oath of Office as he accepts his commission on 27 December. CDR (Sel) M. F. McAvoy, NC, USN, Head, Staff Education and Training Department, administered the oath. ENS Medina, a former HMI on CDR (Sel) McAvoy's staff, finished his education at Valencia Community College under the Inservice Procurement Commissioning Program.



CHAPLAIN'S COMMENTS

LCDR JAMES E. POPE, CHC, USN

Enjoy the journey

Not long ago I sat with a man as the doctor told him that his wife, of fifty-one years, had just died. After the doctor walked away, as we just sat in silence, the man finally began to speak, and in a halting voice said, "We still had so much to do." They were both well past seventy years of age and yet there was still "so much to do." We then talked about their life together, particularly the good times -- the fun they shared.

Out of that experience I was reminded of something I had read recently: "Life is a process, not a destination." Frequently, I hear people say, "When I reach this or that goal I'll be happy or I'll take time to enjoy life." However, while waiting for everything to be just right, we miss out on the very heart of life -- living. One writer has said: "Planning for the future has its place. It is important to set goals and pursue them. But while you are striving to reach your desired end ... take time to appreciate life's precious moments. Take time to enjoy the journey."

On any journey into unexplored territory, it is advisable to enlist the help of an experienced guide. That will enable you to fully appreciate the trip. Each fresh, new day is like unexplored territory and God stands by, ready to guide you through it. Not just to keep you out of trouble, but to help you enjoy the gift that is life itself. Think about this: what is the quality of your daily life? If it is not good, if you're not enjoying it, if you're not having fun in what you are pursuing, maybe you need a new guide. Maybe you need a guide who will show you all the beauty you may have missed, and one who will help you over the rough spots on the journey.

JANUARY IS NATIONAL VOLUNTEER BLOOD DONOR MONTH

The following is quoted from a letter from President George Bush: "When we donate blood, we show that we have opened our hearts to the thousands of ill and injured persons who, each year, depend on readily available transfusions. As the eight million Americans who volunteer annually well know, giving blood is a safe, simple process that fills us with warmth as it fills others with life. I am pleased to join with the dedicated staff and volunteers of the American Association of Blood Banks, the American Red Cross, and the Council of Community Blood Centers in celebrating National Volunteer Blood Donor Month. We salute all of those generous individuals who have helped to maintain a safe and adequate blood supply for the United States, and we encourage those who have given blood in the past to continue to donate regularly. We also invite other healthy men and women to join in this noble effort ... Thank you for your generosity, and God bless you."

* * * *

How do you tell a 4 year old she may never be 5?



Blood. Give a little so someone can live.

In the words spawned by that husband's grief, there is still "so much to do," so much to see, so much to experience. Ask for the help of the premier Guide and enjoy the journey. HAPPY NEW YEAR!

VIEW
FROM
THE
FIRST
FLOOR

CAPT L. F. Raymond, MSC, USN



F E B A



HMCM Gary L. Thornhill, USN

He had a dream ...

Dr. Martin Luther King, Jr., died in the prime of his life, in the midst of his "fight" for a better life and equality for "his people," and without truly seeing much of the results of his struggle.

Throughout history of this great nation, we have been blessed with brave Americans who have stepped forward to relieve suffering, to right a wrong, or to improve the quality of life for everyone. Dr. King was such an American. He believed strongly in the dignity of every person and the right to enjoy that dignity without regard to race, color, or religion. He believed that there was "good" in the most ardent opponents of freedom. He once stated, "If we are arrested every day, don't ever let anyone pull you down so low as to hate them. We must have compassion and understanding for those who hate us." How many of us can stand up and say the same? On January 20th we will commemorate the 63rd anniversary of his birth. We, here at Naval Hospital, Orlando, will take a few moments to honor the man "with a dream." We honor him not for his death, but for his life. I wonder what he would think of the progress we have made -- first of all, in the Navy but secondly, in our schools, our communities, our judicial system, and our minds and our hearts. He might be surprised that his birth date is now a National Holiday, and that he was the first black man so honored.

He would probably also be surprised at how often "the dream" is recalled and used to challenge each new generation and -- it will continue to do so.

Dr. King did his share and gave his life in doing so. As we honor him on his 63rd birthday, it is a good time to evaluate our own progress as individuals and

Last minute

The September advancement exam results are out and there are some smiling faces, but there are also many frowning faces here at Naval Hospital, Orlando.

With the current draw-down in the size of Naval forces, making that next stripe is going to get harder. This cycle, as in previous cycles, the cut-off score gets higher and higher.

I believe that you can speak with anyone who has been in the Navy for as many years as I have and they will tell you that the answer to getting promoted is by studying. You can have maximum number of points on awards, PNA points and all the other categories, but without a good test score you're up the creek without a paddle.

Here at NHO there are a number of training programs designed to prepare you for the advancement exams. Those personnel who have taken advantage of these programs were either advanced or saw significant increases in their test scores. Now is the time to start preparing for the next exam. Don't wait until the "last minute" to start studying. Remember, it's your future.

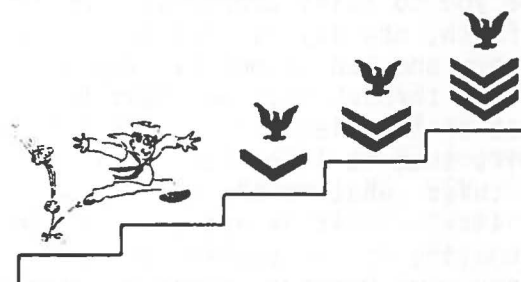


chart our own course to ensure that the dream becomes reality. America is indeed richer and stronger because of this brave man who cared and who made a difference in this world.